

# COUNTY PROFILE: Rains County, Texas

## US COUNTY PERFORMANCE

The Institute for Health Metrics and Evaluation (IHME) at the University of Washington analyzed the performance of all 3,142 US counties or county-equivalents in terms of life expectancy at birth, mortality rates for select causes, alcohol use, smoking prevalence, obesity prevalence, and recommended physical activity using novel small area estimation techniques and the most up-to-date county-level information.

Explore more results using the interactive US Health Map data visualization (<http://vizhub.healthdata.org/subnational/usa>).

## FINDINGS: LIFE EXPECTANCY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	79.5	80.8	81.5	1998	+2.0
Male	74.1	76.2	76.7	2188	+8.4

life expectancy at birth (years), 2014

Fig. 1: Female life expectancy, 2014

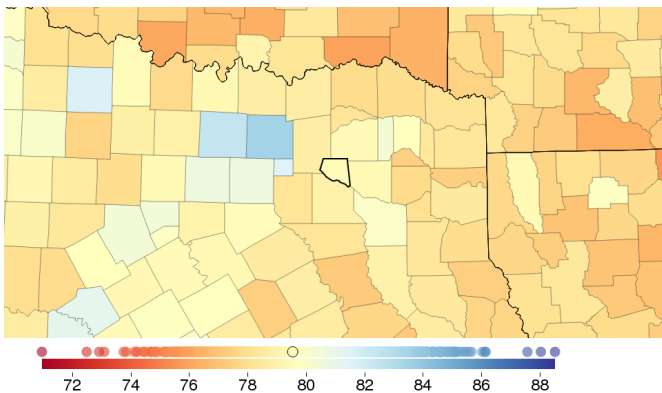
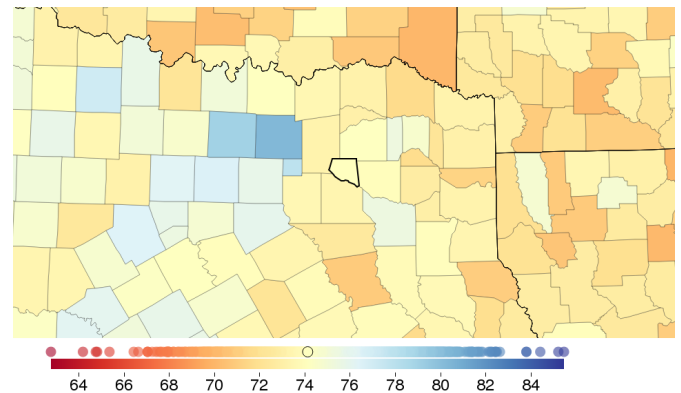


Fig. 2: Male life expectancy, 2014



## FINDINGS: ALL-CAUSE MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	776.7	694.2	667.8	2003	-4.1
Male	1070.4	954.8	930.1	1954	-29.0

rate per 100,000 population, age-standardized, 2014

Fig. 3: Female all-cause mortality, 2014

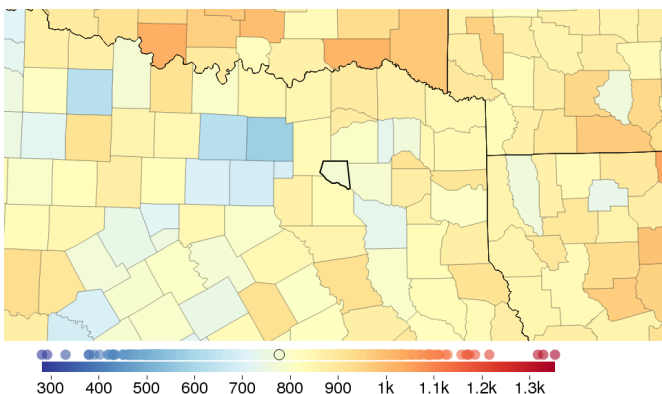
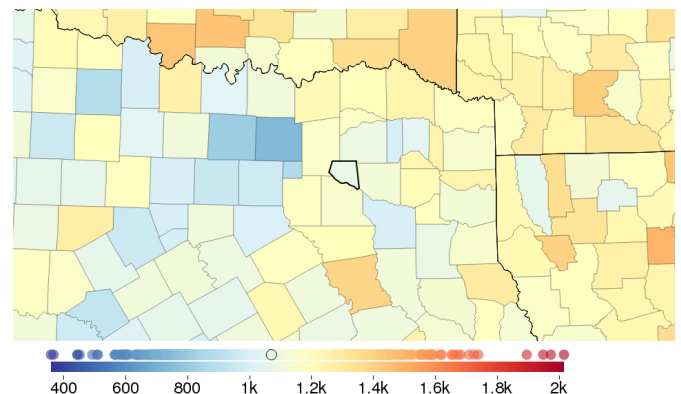


Fig. 4: Male all-cause mortality, 2014



## FINDINGS: ISCHEMIC HEART DISEASE

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	142.6	127.2	124.9	1874	-40.7
Male	248.1	197.7	191.5	2370	-48.1

rate per 100,000 population, age-standardized, 2014

Fig. 5: Female ischemic heart disease, 2014

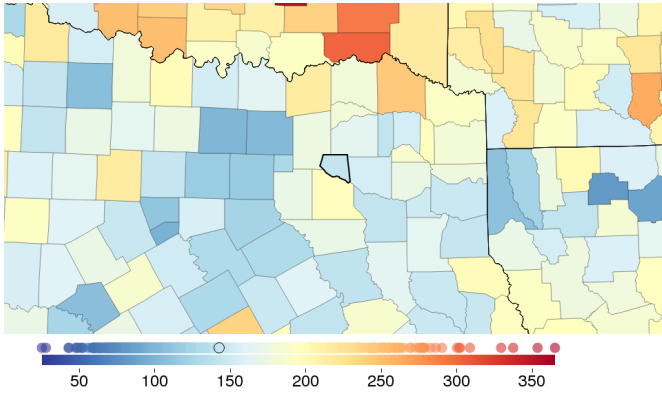
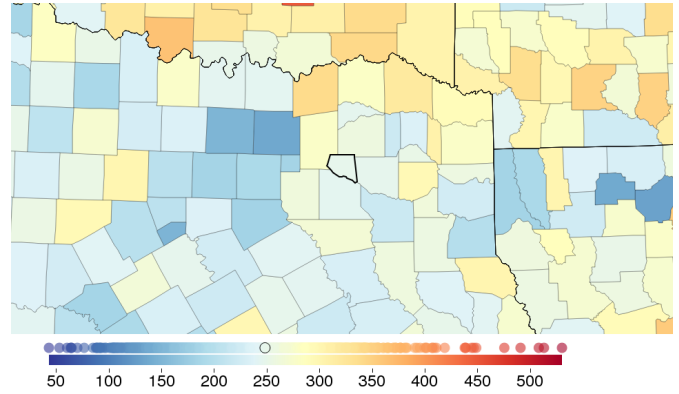


Fig. 6: Male ischemic heart disease, 2014



## FINDINGS: CEREBROVASCULAR DISEASE (STROKE)

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	49.2	52.0	47.4	1327	-43.2
Male	70.0	54.0	48.8	2865	-45.7

rate per 100,000 population, age-standardized, 2014

Fig. 7: Female cerebrovascular disease (stroke), 2014

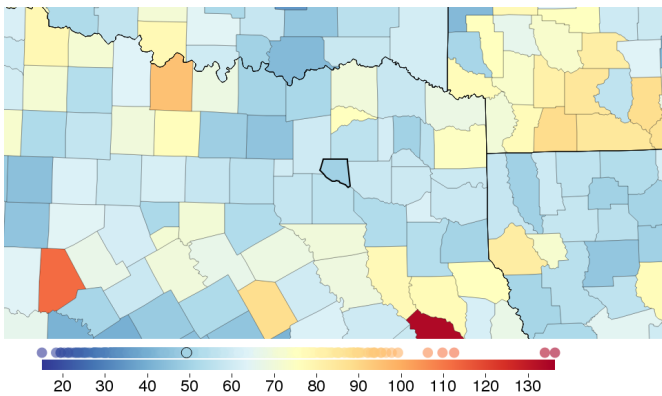
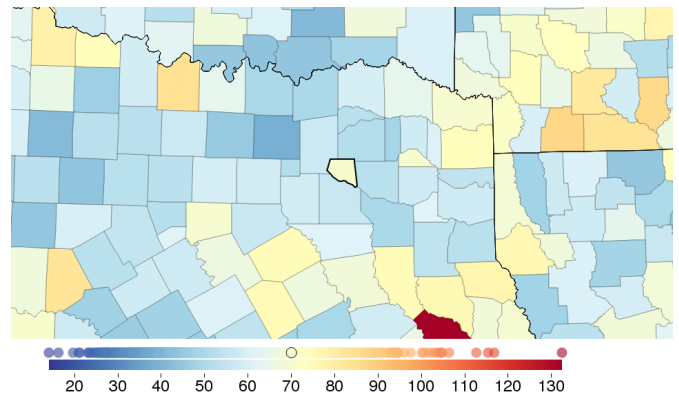


Fig. 8: Male cerebrovascular disease (stroke), 2014



## FINDINGS: TRACHEAL, BRONCHUS, AND LUNG CANCER

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	64.3	38.4	43.8	2864	+93.4
Male	91.6	62.9	67.6	2173	-33.9

rate per 100,000 population, age-standardized, 2014

Fig. 9: Female tracheal, bronchus, and lung cancer, 2014

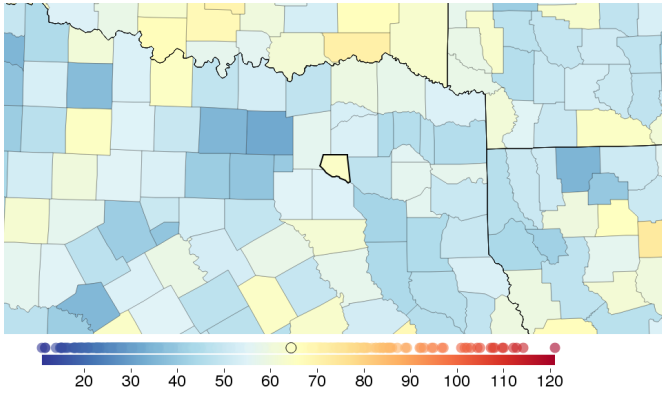
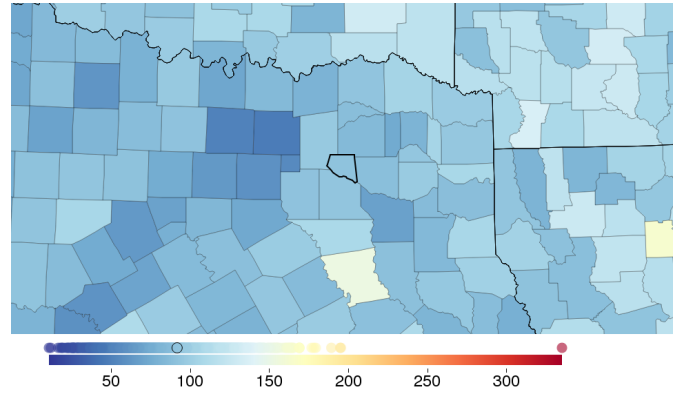


Fig. 10: Male tracheal, bronchus, and lung cancer, 2014



## FINDINGS: BREAST CANCER

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	25.8	25.6	25.9	1557	-8.5
Male	0.3	0.3	0.3	1035	-17.7

rate per 100,000 population, age-standardized, 2014

Fig. 11: Female breast cancer, 2014

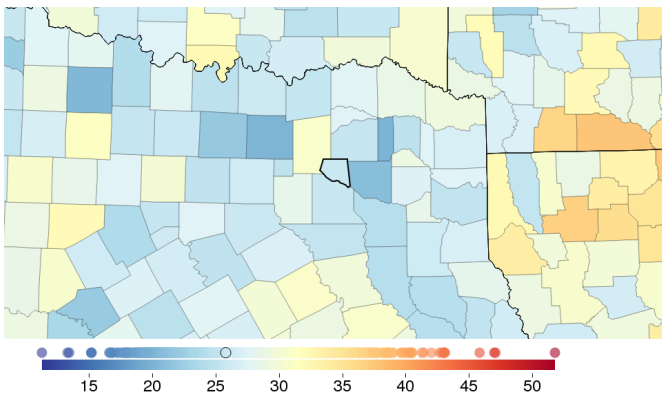
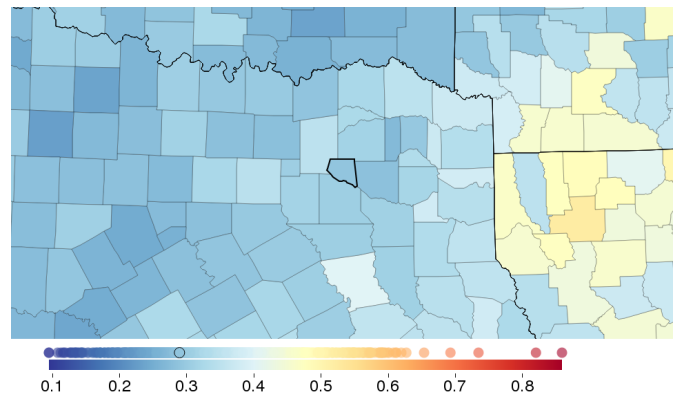


Fig. 12: Male breast cancer, 2014



## FINDINGS: MALIGNANT SKIN MELANOMA

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	2.6	1.6	1.9	2898	-4.9
Male	5.7	4.0	4.5	2460	+35.5

rate per 100,000 population, age-standardized, 2014

Fig. 13: Female malignant skin melanoma, 2014

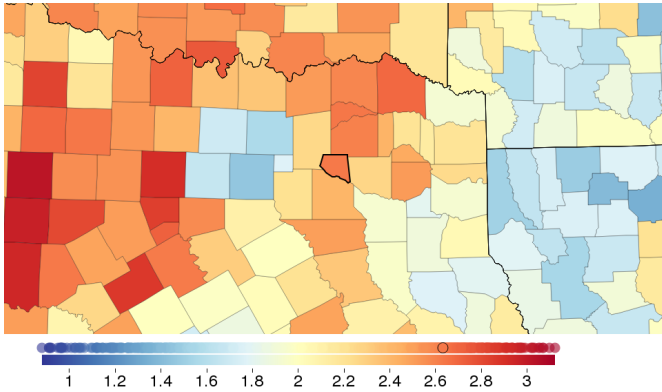
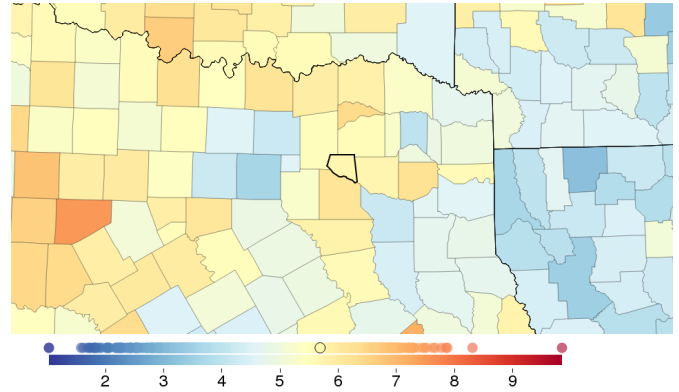


Fig. 14: Male malignant skin melanoma, 2014



## FINDINGS: DIABETES, UROGENITAL, BLOOD, AND ENDOCRINE DISEASES MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	49.0	55.9	49.6	1073	+19.8
Male	48.6	66.9	63.8	317	+2.7

rate per 100,000 population, age-standardized, 2014

Fig. 15: Female diabetes, urogenital, blood, and endocrine diseases mortality, 2014

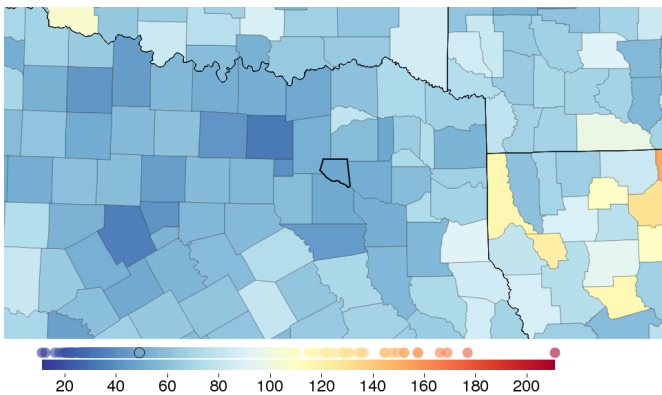
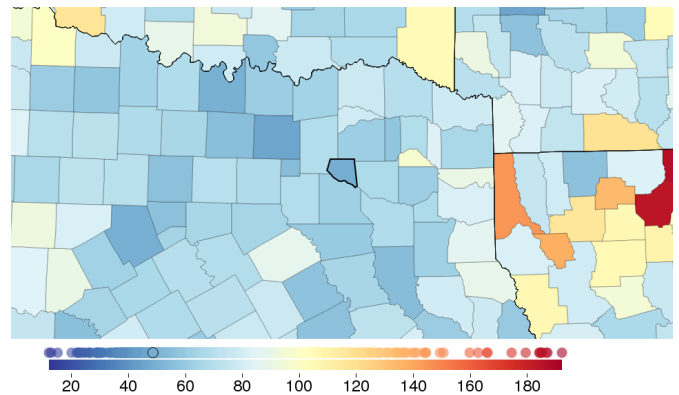


Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014



## FINDINGS: SELF-HARM AND INTERPERSONAL VIOLENCE MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	10.9	8.4	9.0	2067	-7.1
Male	37.7	28.8	30.9	2176	-13.1

rate per 100,000 population, age-standardized, 2014

Fig. 17: Female self-harm and interpersonal violence mortality, 2014

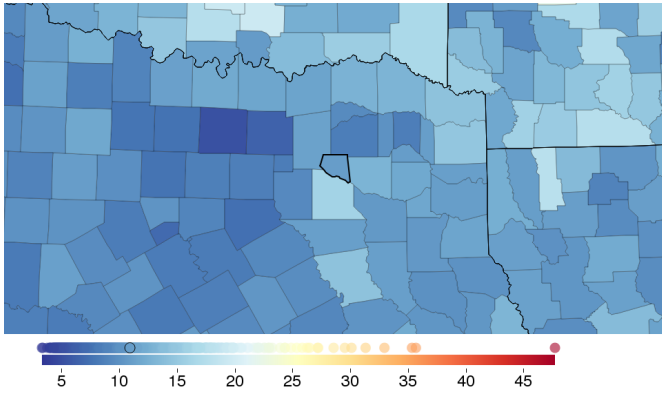
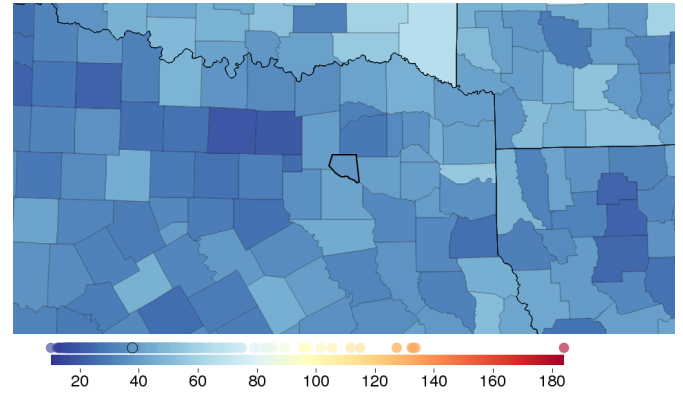


Fig. 18: Male self-harm and interpersonal violence mortality, 2014



## FINDINGS: TRANSPORT INJURIES MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	20.3	9.5	8.1	2725	-21.5
Male	46.8	24.3	19.8	2724	-33.4

rate per 100,000 population, age-standardized, 2014

Fig. 19: Female transport injuries mortality, 2014

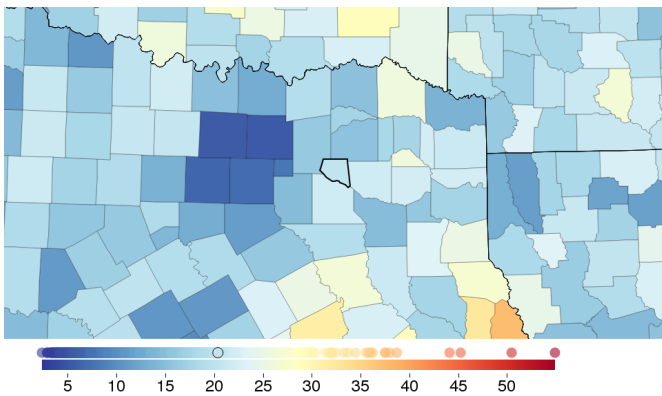
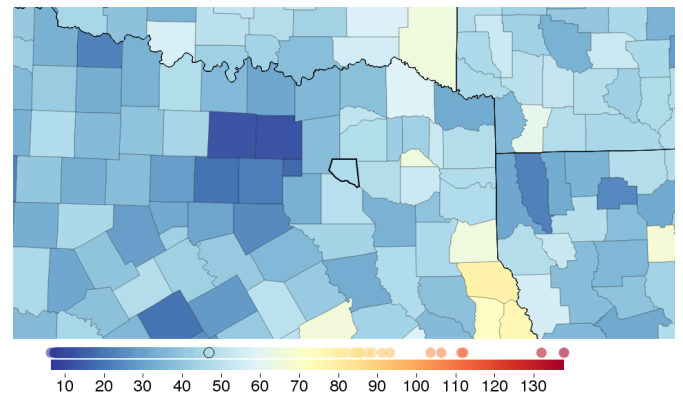


Fig. 20: Male transport injuries mortality, 2014



## FINDINGS: MENTAL AND SUBSTANCE USE DISORDERS MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	8.7	6.4	8.2	1816	+491.5
Male	17.7	13.9	18.7	1943	+213.3

rate per 100,000 population, age-standardized, 2014

Fig. 21: Female mental and substance use disorders mortality, 2014

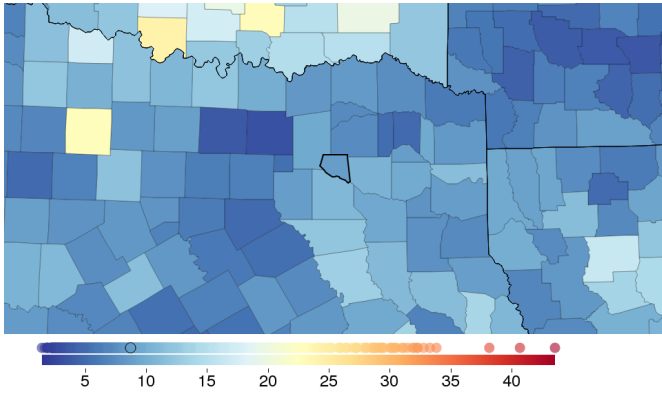
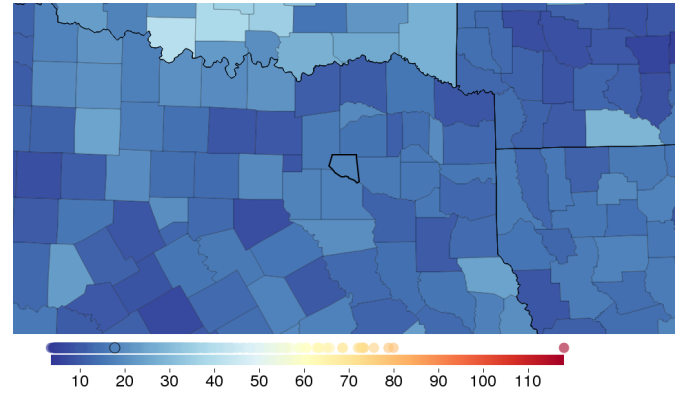


Fig. 22: Male mental and substance use disorders mortality, 2014



## FINDINGS: CIRRHOSIS AND OTHER CHRONIC LIVER DISEASES MORTALITY

Sex	Rains County	Texas	National	National rank	% change 1980-2014
Female	11.6	14.5	11.8	1298	+40.6
Male	23.8	27.7	22.2	1809	+12.1

rate per 100,000 population, age-standardized, 2014

Fig. 23: Female cirrhosis and other chronic liver diseases mortality, 2014

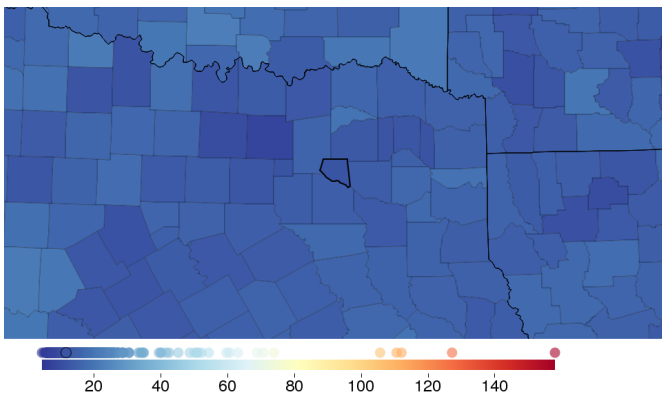
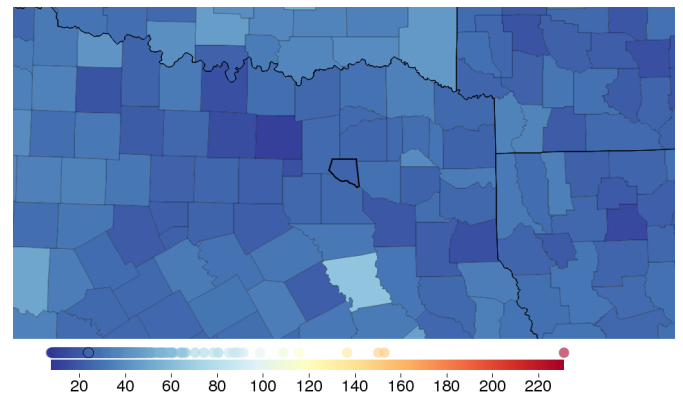


Fig. 24: Male cirrhosis and other chronic liver diseases mortality, 2014



## FINDINGS: HEAVY DRINKING

Sex	Rains County	Texas	National	National rank	% change 2005-2012
Female	4.6	5.3	6.7	1281	+40.1
Male	10.9	9.5	9.9	1818	+4.5

prevalence (%), age-standardized, 2012

Fig. 25: Female heavy drinking, 2012

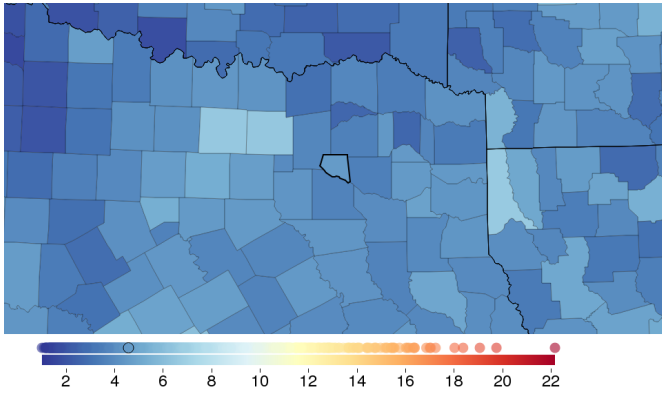
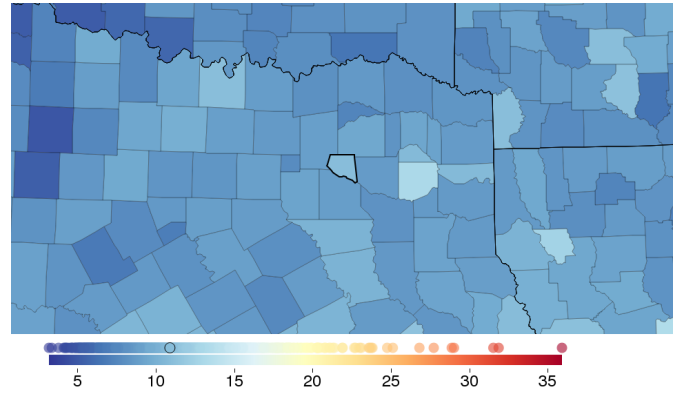


Fig. 26: Male heavy drinking, 2012



## FINDINGS: BINGE DRINKING

Sex	Rains County	Texas	National	National rank	% change 2002-2012
Female	10.3	10.8	12.4	1418	+17.7
Male	22.3	24.5	24.5	1207	-6.0

prevalence (%), age-standardized, 2012

Fig. 27: Female binge drinking, 2012

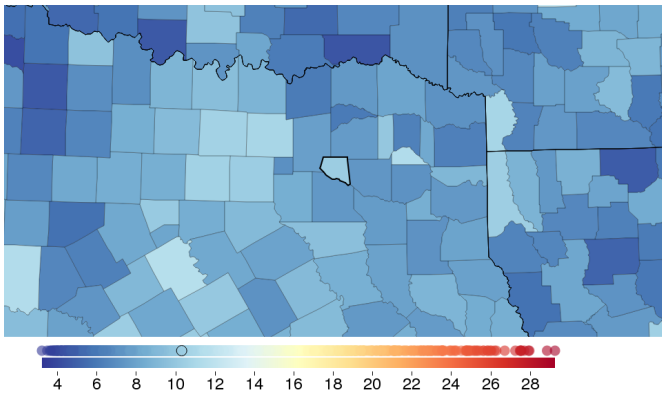
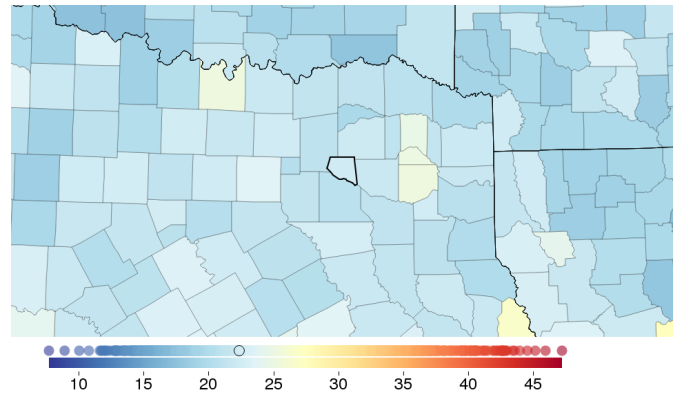


Fig. 28: Male binge drinking, 2012



## FINDINGS: SMOKING

Sex	Rains County	Texas	National	National rank	% change 1996-2012
Female	24.4	15.1	17.9	2317	-1.9
Male	27.6	22.1	22.2	2107	-5.6

prevalence (%), age-standardized, 2012

Fig. 29: Female smoking, 2012

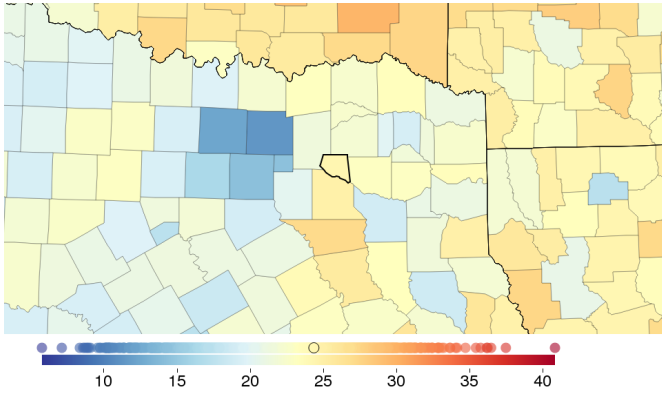
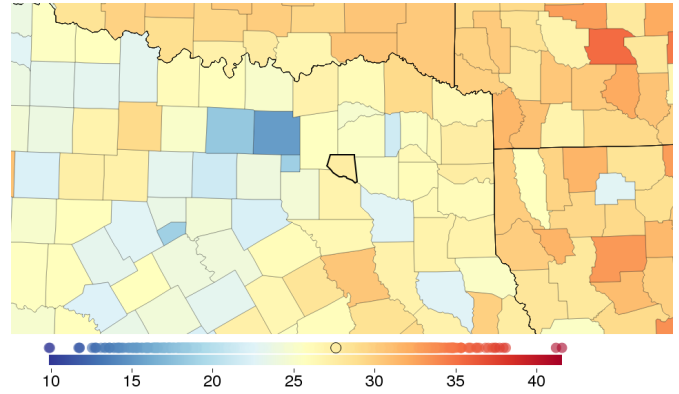


Fig. 30: Male smoking, 2012



## FINDINGS: OBESITY

Sex	Rains County	Texas	National	National rank	% change 2001-2011
Female	40.9	38.9	36.1	2120	+27.5
Male	40.5	36.0	33.8	2692	+39.6

prevalence (%), age-standardized, 2011

Fig. 31: Female obesity, 2011

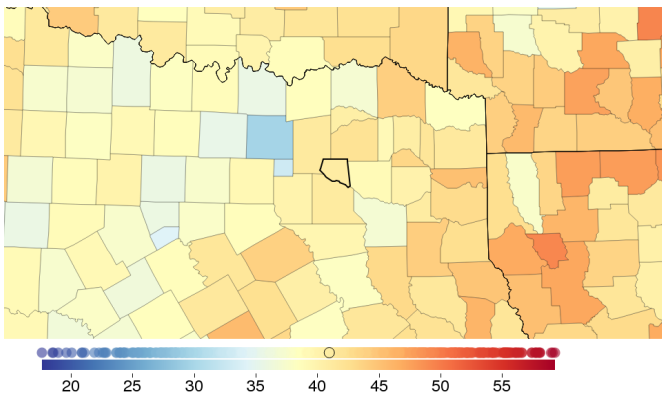
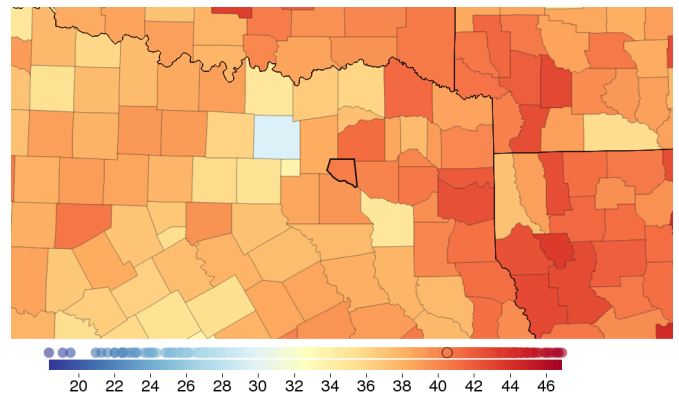


Fig. 32: Male obesity, 2011





## FINDINGS: RECOMMENDED PHYSICAL ACTIVITY

Sex	Rains County	Texas	National	National rank	% change 2001-2011
Female	47.4	49.5	52.6	2008	+13.2
Male	50.6	54.1	56.3	2131	+4.4

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011

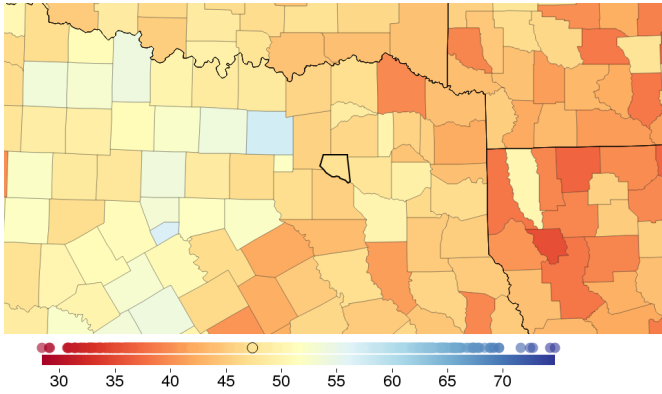
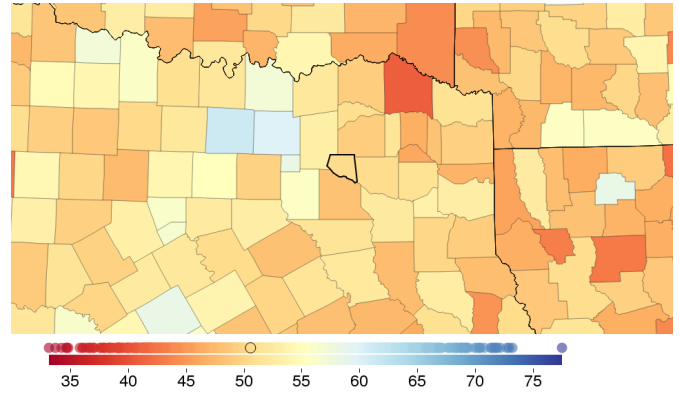


Fig. 34: Male recommended physical activity, 2011



### CITATION:

Institute for Health Metrics and Evaluation (IHME),  
US County Profile: Rains County, Texas.  
Seattle, WA: IHME, 2016.

Institute for Health Metrics and Evaluation  
2301 Fifth Ave., Suite 600  
Seattle, WA 98121 USA

Telephone: +1-206-897-2800  
E-mail: [engage@healthdata.org](mailto:engage@healthdata.org)  
[www.healthdata.org](http://www.healthdata.org)

